

If you would like to talk to
someone before coming
along to a meeting contact:

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For information about other *Celebrate Recovery*
meetings running in the North East region, also
contact Catherine.

 Like our Facebook page
CelebrateRecoveryUKNE

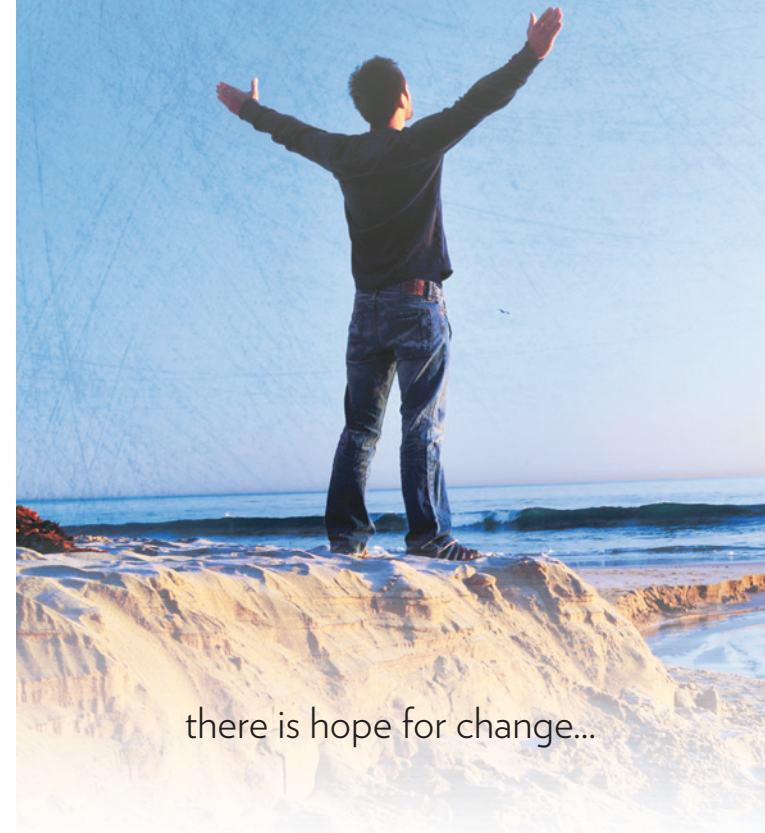
Do things constantly get you down?
How successful is your own willpower?
How do you handle stress?
Are past hurts spoiling your life today?
Are you struggling to stop a bad habit
or addiction?
What steals your joy or your peace?

Celebrate Recovery
could be just what you are looking for.

struggling to cope?
worn down?
feeling stuck in your hurt,
hang-up or habit?

Celebrate Recovery

AT JESMOND PARISH CHURCH



there is hope for change...

What is Celebrate Recovery?

Hurt, anger, worry, addiction, unforgiveness, guilt, shame, relationship issues; these are just some of the burdens that people carry. Many are finding an answer at *Celebrate Recovery*.

Celebrate Recovery is a Christ-centred 12-step recovery programme that is helping to transform lives. It is based on eight biblical principles which are taught over the course of a year. You can join the programme at any point throughout the year.

Through structured weekly meetings, *Celebrate Recovery* offers the opportunity of a new start and ongoing support for men and women as they seek freedom from the 'hurts, hang-ups and habits' that have been spoiling their lives.

Celebrate Recovery
AT JESMOND PARISH CHURCH

How Celebrate Recovery works for the people it's working for

"I was in despair following an abortion. I'd planned my suicide. CR has saved my life!" **IZZY**

"Following childhood abuse I 'coped' through sexual promiscuity, binge drinking and drug abuse. CR has helped me to look to God for healing and the power to change."

ELAINE

"There has been a real change to the way I deal with other people and my marriage is now stronger – there is a future." **BRIAN**

"CR has been my lifeline! No longer do I feel isolated. I feel listened to and cared for!" **CHRIS**

"I am able to address my issues of anger, rage, and anxiety because CR is a totally supportive and safe environment."

ANDREA

"At Celebrate Recovery I can be completely myself with no need to strive to meet others' expectations." **RICHARD**

"I was stuck in binge eating. Celebrate Recovery helped me to give up control to God and stop relying on my own weak willpower." **JANE**

What should I expect at Celebrate Recovery meetings?

Each session starts with Large Group Time which includes a short time of worship, and either teaching on a *Celebrate Recovery* principle or a testimony from someone who has benefitted from the programme.

Later we break into smaller Open Share Groups which are always gender specific and, where possible, issue specific. Groups are led by people who know and have worked through the programme themselves. There are strict guidelines in place to ensure safety and confidentiality. We share our thoughts and feelings about that week's lesson before moving into open sharing where we can share more about our recovery journey. The groups do not provide counselling or therapy.

The evening ends with a social time which is an opportunity to get to know others.

When and where does Celebrate Recovery meet?

We meet every Monday throughout the year from 7.30 until 9.30pm at Jesmond Parish Church, by Jesmond Metro station. (Doors are open from 7.15pm)

Do I have to sign up or pay for Celebrate Recovery?

No. You can just turn up on any Monday evening. There is no charge for meetings.